

Baked Sweet Potatoes Rev10

Number of Servings: 10 (119.07 g per serving)

Amount Measure	Ingredient
2 5/8 lb	Sweetpotatoes, med, 5" x 2", fresh FDA
1/4 svg	Cooking Spray, butter flvr, 1/3 sec spray

Nutrients per serving

Nutrition Facts	
Serving Size (119g)	
Servings Per Container	
Amount Per Serving	
Calories 130	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 29g	10%
Dietary Fiber 4g	16%
Sugars 6g	
Protein 2g	
Vitamin A 400%	Vitamin C 25%
Calcium 2%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions

Scrub sweet potatoes and cut into pieces equal to 1/2 cup serving. Spray with butter-flavored nonstick spray and wrap in foil.

Bake at 350 degrees for 1 hour or until tender. Serve hot.

Each 2/3 cup serving = 1 serving vegetable

2/3 cup serving = 29 grams CHO = 2 Carb Servings

Notes

Potentially Hazardous Food. Food Safety Standards: Hold food for service at an internal temperature above 140 degrees F.